

How did I get hepatitis B?

Anyone can get hepatitis B. You may have had it since birth or just been infected recently. You may have no symptoms or you may have an illness like the flu. Here's how you could have gotten hepatitis B:

- From your mother when you were born, if she had hepatitis B. Today a blood test is available for pregnant women, but it was not always available. Hepatitis B is very common in people who are from Asia, the Pacific Islands, Alaska and parts of Africa.
- Growing up with someone who has hepatitis B.
- Sharing razors or toothbrushes, using tattoo or ear piercing or other needles used by someone who has hepatitis B. Just a tiny bit of their blood will do it.
- Having sexual contact with someone who has hepatitis B.

You did not get hepatitis B from food or water.

How do I protect my loved ones?

Your husband or sexual partner, your other children, and others living in your home need to have hepatitis B blood test and/or be given the hepatitis B vaccine. The test will show if they already had hepatitis B or if they are still at risk of catching it.

If they are at risk, they need the series of hepatitis B immunizations. They need #1 right away.

How do I protect my baby?

Like all babies, your baby needs regular check-ups and childhood immunizations. Make very sure your baby gets each of the hepatitis B immunizations on time. For your baby, these cannot be late!

How do I protect others?

- Never share your toothbrush, razor, needles or any item that could have your blood on it.
- Clean up any spills of your blood, vomit or other body fluids with a freshly made solution of water and bleach (1 table-spoon bleach to a quart of water).
- Bandage your cuts and open sores. Wash your hands after touching your blood or body fluids.
- Inform your doctor, clinic or dentist you visit that you are hepatitis B positive.

For more information call your health care provider,
your local health department or contact:

Missouri Department of Health and Senior Services
Section for Disease Prevention
P.O. Box 570
Jefferson City, MO 65102-0570
www.health.mo.gov/viralhepatitis
www.cdc.gov/hepatitis

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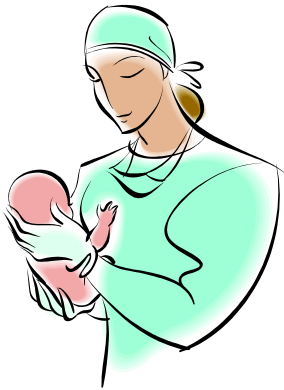
368 7/21/2014

What if you
are pregnant
and your
Hepatitis B
test is
positive?



Here is how you can
protect your baby and
your loved ones.

Your new baby will need 4 special immunizations.



**2 shots
will be
given
at birth.***

**Hepatitis B vaccine and Hepatitis B Immune Globulin (HBIG). Both will be given within 12 hours of birth.*



Another shot**

Is needed when your baby is
one to two months old.

The final shot**

Is needed when your baby is
six months old.

***Hepatitis B vaccine.*

Without all four immunizations your baby could get very ill later. Get each one **on time**. If you get them late, your baby might not be protected. After the final shot your doctor should do a blood test to make sure your baby is protected.



Protect your loved ones and take care of yourself.

Your loved ones can catch hepatitis B from you. They need hepatitis B test and immunizations to protect them. As hepatitis B virus is in your blood, read on the back of this pamphlet “How do I protect my loved ones?” and “How do I protect others?”



You can have hepatitis B and feel fine. Or you may feel ill and weak. Many people get over it in a few months. Others carry the virus for years (even for life) and can pass it on to others. Only your doctor can judge this.

Visit the doctor once a year. This is essential because you could develop serious liver disease. Ask your doctor about drinking alcohol and taking medications that could hurt your liver.

